

What is Self-Reliance?



*Learn why you should be living the
self-reliant lifestyle!*

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Introduction

This e-book is designed to give you an honest overview of what it means to live a self-reliant lifestyle. It is a primer for you to grasp the main points so that you can choose whether this lifestyle is for you or not.

If after reading the information here you should decide that you wish to start your own journey on the Road to Reliance, then you have definitely come to the right place.

You will be receiving a few freebies over the next few days that should help you in getting started on your journey! Use those freebies that are coming to you soon to start making your own journal to track your self-reliant journey.

I hope you enjoy this journey we are going on together! If I can be of any help along the way please email me at annie@roadtoreliance.com

What is Self-Reliance?

Everyone seems to see it differently. To the person living in an apartment, it means simply making meals from scratch. To the farm owner, it may mean growing most of his family's food and raising livestock. The point is, self-reliance is what you decide it to be.

With all of the events that have taken place in the world recently, like food shortages, epidemics, and social upheaval, more and more people are wanting to take on a lifestyle as close to being self-reliant as possible.

Do you truly know what self-reliant living, also called self-sufficiency, means? Self-reliance basically means having the ability to provide everything you and your family need to live and survive without the help of outside sources. You rely on your abilities and skills to provide for your family. You become independent and thus self-reliant.

Reasons for Choosing a Self-Reliant Lifestyle

There are four main reasons people choose this type of lifestyle. They are personal satisfaction, political independence, the need to be prepared, and environmental preservation. Let's take a look at each one.

Personal Satisfaction

One of the biggest reasons that cause people to choose a self-reliant lifestyle is the fact that they can grow their own food, learn many new things, and live almost completely free from others. They do not depend on the grocery stores, banks, or even government bodies in many cases. This lifestyle allows people to feel a greater sense of personal satisfaction. It makes them feel more confident in themselves because they are able to do the providing for their families themselves.

Political Independence

When you are self-reliant you feel free and independent. Many people who live a self-reliant lifestyle absolutely refuse to depend on any federal or local government or any available government agencies. They do not believe that the government will provide the services they may need when an emergency would happen to occur. Most self-reliant homesteaders do not trust the government or their agencies at all.

A Need to be Prepared

One of the biggest and most important reasons for choosing a path towards a self-reliant lifestyle is to fulfill their need to be prepared. People who strive to be self-reliant feel strongly about being prepared for potential catastrophes and upcoming emergencies no matter how minor or major they may be. The ability to be self-reliant means being ready for any emergency whether it be the weather, war, or other disasters.

Environmental Preservation

People on the path to a self-reliant lifestyle have a deep desire to care for the environment and Mother Earth. They practice zero-waste in their homes and on their property. They reuse, reduce, and recycle everything they can. They practice organic methods every chance they get. Because they are eco-friendly-minded, they use environmentally safe products as often as possible. Self-reliant people work towards protecting endangered life such as bees and wildlife.

How to Practice Self-Reliant Living

Now that you know the principles behind why most people choose a self-reliant lifestyle, you are probably very interested in starting your own journey. Am I correct?

If the answer is yes, then the next step in the learning process is to start practicing some of the most common practical self-reliant skills.

Five Skills of Self-Reliant Living

There are five basic areas of skills that are practiced by self-reliant people. These include; growing your own food, raising animals, home-skills, first-aid and prepping, and gardening skills. Let's look at each one.

Growing Your Own Food

Growing your own food is one of the most common skills learned by those on a journey towards self-reliance. This makes perfect sense if you think about it. Next to water, we have to have food to survive.

There are endless options when it comes to growing food for your family. The most common include:

- Growing fruits and vegetables in your backyard
- Growing berries and edible vines
- Indoor food growing like a greenhouse, and in-house under grow-lights
- Herb gardening
- Growing grains and perennials (usually in a larger area, fields)
- Climate-appropriate fruit trees outside and dwarf varieties indoors.

Raising Animals

Raising animals does not necessarily mean you must have all the livestock and poultry on your land. If you have a lot of property and can raise cows for milk and/or beef, that's great, but it is not mandatory. You need to choose which animals are appropriate for your specific needs, and of course, that you have room to raise.

Common animals for a self-reliant family may include any or all of the following:

- Chickens
- Sheep
- Turkeys and other fowl
- Rabbits
- Pigs
- Cows
- Bees

Keep in mind, if your family doesn't drink milk, you may not have dairy cows, but you may want some beef cattle. If you don't care for duck eggs, then you may want to stick with chickens. You get the idea. Work with what is best for you.

Home Skills

Home skills are the things you learn to do that make life easier and more self-reliant within the home. There is quite an extensive list of skills in this area.

The most common of these are:

- Preserving food by canning, dehydrating, and fermenting
- Making Natural Cleaners
- Using Home Remedies
- Recycling

First-Aid and Prepping Skills

The skills in this category have to deal with basic emergencies and being prepared in the event of a disaster or a weather event. Depending on how deep into prepping you want to delve, will determine the number of skills you will want to learn.

The most basic skills to learn may include:

- Starting a fire
- Finding and purifying water
- Cooking over a fire
- Using weapons
- Hunting/trapping/fishing
- Making an emergency shelter

Gardening Skills

These skills tend to be combined with growing food, but actually are the acts of preparing to grow food and the different options available.

These skills may include:

- Learning to compost
- Making your own fertilizer
- Seed starting
- Irrigation techniques
- Attracting pollinators and using natural pest control